

WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more food into stomach.

Says inside-bathing makes anyone look and feel clean, sweet and refreshed.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, causing illness, while the bowel pores do.

For every ounce of food and drink taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste material is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed or sucked into the blood stream, through the lymph ducts which should suck only nourishment to sustain the body.

A splendid health measure is to drink, before breakfast each day, a glass of real hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons, gases and toxins from the stomach, liver, kidneys and bowels; thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

A quarter pound of limestone phosphate costs but very little at the drug store, but is sufficient to make anyone an enthusiast on inside-bathing. Men and women who are accustomed to wake up with a dull, aching head or have furred tongue, bad taste, nasty breath, sallow complexion, others who have bilious attacks, acid stomach or constipation are assured of pronounced improvement in both health and appearance shortly.—Adv.

Take a Private

DANCING

Lesson and learn your faults from Madame Lester, I. O. O. F. Hall, phone 1162, or The Romagosa, 3675.

Office hours: 9 a. m. to 6 p. m., I. O. O. F. Hall.

Children's class commencing Saturday, Nov. 18th, 10 a. m.

Coral Gardens Hotel

"Nature's Own Aquarium," Glass Bottom Boats

Daily passenger auto service leaves Hawaii Tours Company 9 a. m. Reservations Hawaii Tours Company, phone 1923; our phone, Blue 612.

GOOD WEATHER HELPS TARGET WORK ON RANGE

Beautiful weather all day on Punch-bowl yesterday gave the men of the 2nd Battalion, 1st Infantry, a splendid start on the record target practice scheduled to last for the next six weeks.

Maj. Gustav Rose was in command and the riflemen spent a busy day from 9 o'clock in the morning until darkness compelled them to quit and start for the armory.

Only the slow tests were fired yesterday, the rapid work being left until the last. Yesterday's ranges were 300, 500 and 600, all at slow fire. The 300-yard range was taken with five shots sitting and five shots kneeling, the 500 taken prone and the 600 taken prone with a sand bag rest. A total of 30 shots was fired by each man. The machine gun company was included in the work, being attached to the 2nd Battalion for the practice.

At noon the hungry competitors stopped for an hour to eat and rest. A delicious meal of roast beef, rolls, mashed potatoes, pickles and coffee was served.

Next Sunday the 3rd Battalion, Maj. A. W. Neely commanding, will carry out a similar program on the range.

CAPT. CLARK TO RECRUIT NAVAL RESERVE FORCE

Work of boosting the naval reserve, which was authorized by an amendment to the naval appropriation bill of August 29, is being started by Capt. George R. Clark, commandant of the naval station at Pearl Harbor, who has just been designated as a district commander of the new organization.

This reserve force is not a new name for the naval militia as has been presumed by some, but is a distinct force, similar to the army reserve corps which was authorized at the same time.

Capt. Clark urges all ex-navy men who may be living in the islands who have served one or more enlistments in the navy, and who have received honorable discharges, to get in touch with Pearl Harbor with a view to joining the reserve.

SAFE AND SOUND BUT TIRED FROM HER TRIP, DAISY RETURNS HOME

Daisy is back in home quarters and is glad to be back. Honolulu young folk are equally pleased to welcome home their big pet. To be sure Daisy was as popular with Maui's little people as she could desire and her appetite was cloyed with sweet crackers and peanuts. On her return it was substantial she sought, succulent grass and green stuff. Ordinarily tempting morsels did not appeal to her palled and jaded taste.

Daisy was not happy on her trip home in the Claudine. It was not that the trip was a rough one but she did not like the crate that confined her and she did not like the surroundings. Sunday morning she took a biscuit occasionally from some friendly passenger, but she did so with a reluctant condescension.

But now all is different. Daisy is "at home" again and she and all her friends are glad that the journey has been safely accomplished.

Y. M. MEMBERS WILL HEAR CURRY LECTURE

David A. Curry of the famed Camp Curry of Yosemite valley will give an illustrated lecture at the Y. M. C. A. tomorrow evening, showing several reels of motion pictures and talking on some of the dangerous climbs and wonders of the valley. One of the movies is of the magnificent waterfalls which drops a great distance from the mountain top. The half dome, the wonder of this California resort, is included in one of the pictures.

This lecture will be open to members of the Y. M. C. A. and their men friends. One of the big features is Curry himself. He has a voice that is said to carry for a distance of 12 miles and can be heard from the highest peaks to the camps below. Mr. Curry will remain in Honolulu several days.

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SIGNAL MEN OF GUARD TO HAVE NEW INSTRUCTOR

Hawaii's Signal Corps, Field Company A, National Guard, is to have from now on the services of an expert instructor in the work, 1st Lieut. Thomas C. Spencer of Fort Shafter having been assigned to meet with the men once a week at regular drill.

Lieut. Spencer will be at the signal corps rooms tonight to work with the guardsmen for the first time. He has just recently returned from the army signal corps school at Fort Leavenworth, Kan., where he was graduated in this line of work.

ARMY ORDERS

Pvt. Thomas L. Gage, Battery D, 9th Field Artillery, will proceed to this city, reporting on arrival to the department adjutant for duty as telephone switchboard operator at these headquarters.

In compliance with instructions from the war department, Pvt. Donald E. Lowry, Coast Artillery Corps, 2nd Company, Fort Ruger, will proceed to Fort McDowell, Cal., on the transport scheduled to sail from Honolulu on or about December 5, 1916, reporting on arrival to the commanding officer for furlough and transfer to the army reserve.

The following transfers of enlisted men are ordered:

Private Cornelius R. Sullivan, Company C, 3rd Engineers, to troop M, 4th Cavalry, Schofield Barracks.

Sergeant John H. Holst, Troop M, 4th Cavalry, as private to Company C, 3rd Engineers, Fort Shafter.

Private Hollie C. Jarvis, Troop L, 4th Cavalry, to Company M, 2nd Infantry, Fort Shafter.

DAILY REMINDERS

Expert manicurist, Union barber shop.—Adv.

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